

---

# *The Blue Horizon*

**E Kokua Pakahi Kakou**

---

July 2002

ISC Honolulu Work-Life Newsletter

Volume 10 Issue 7

---

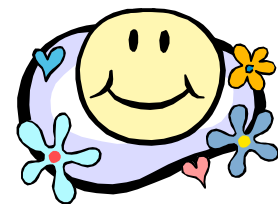


ALOHA & MAHALO NUI LOA  
WANDA!

The Work-Life Staff extends warm wishes & a heartfelt "Thank You!" to Wanda Allen-Yearout, D14 AOR Ombudsman Program Coordinator as she prepares to "pass the baton" to Owen Norton, our next Ombudsman Program Coordinator. Her generous gifts of time, talent, and resources are deeply appreciated. She'll be sorely missed here, but is sure to bring great joy & blessings wherever she goes!



CAPT Thomas Yearout & Wanda Allen-Yearout @ the FEB luncheon. The Federal Executive Board recognizes Wanda as a 2002 Outstanding Volunteer of the Year.



Mission Statement: **Work-Life Programs enhance mission readiness through personal and command information, referral, and intervention for Team Coast Guard.**

# The Serious Side of Humor

By  
Ms. Jeri Couthen

*The Employee Assistance Program Coordinator (EAPC) provides preventive education in life skills areas, crisis management, and resource referrals. The EAPC goal is to help Coast Guard members, civilian employees, and family members make independent, informed decisions that improve their quality of life.*

In Norman Cousins' book "Anatomy of an Illness," he tells how he recovered from a crippling disease to resume a healthy, normal life. His main medicine — laughter in large doses. Cousins believed that his serious approach to life precipitated his illness and he figured he could reverse the condition through laughter. He demonstrated what people have said for years, "laughter is the best medicine."

When you laugh, all kinds of wonderful things happen to benefit your body and mind. Endorphins are released in your brain, giving you a "natural high", and your respiratory system receives a workout similar to one obtained from jogging.

Laughter relieves pain. You can only laugh when you are relaxed, and the more relaxed you are the less pain you feel; so funny books and movies are ideal pain relievers. In fact, you can't get ulcers and laugh at the same time — you have to choose one or the other. The same goes for other illnesses. We often get sick by taking life and ourselves too seriously. What we need to do is laugh to help us stay healthy.

Let's assume that you're broke, you've just smashed your car, you're going through a divorce, and are getting ready for a deployment. With all those challenges on your shoulders, why make things worse by being unhappy as well?

The art of being happy involves being able to laugh at difficulties as soon as possible after they happen. One person, involved in the above situation, would resist laughing for two years. Another may decide that after two weeks it is time to stop crying and

start laughing. Therefore, the first person gets to stay miserable for fifty times longer than the other one. AND HE CHOSE TO.

We all suffer misfortunes. **Happy people chose to avoid waiting too long to see the funny side of their disappointments.**

Periodically, we need to remind ourselves that we are human and that we all do stupid things occasionally. If you expect to be perfect, then you don't belong on this planet! We should try to remember that our own troubles always seem much bigger to us than to anyone else. If no one else is losing sleep over the situation, maybe we don't need to either!

Kids can teach us a lot about laughing. Happy children will laugh at almost anything. They seem to intuitively know that a good laugh keeps them balanced and healthy. They come equipped with an insatiable thirst for joy and fun. It's a shame that by the time most reach adulthood this attitude has been replaced by one which says: "Life is all serious." Grownups spend their time telling kids when not to giggle and when not to laugh—"Don't laugh in class, don't giggle at the dinner table"—until much of their natural spontaneity is gone.

One of our major responsibilities toward others is to enjoy ourselves! When we are having fun, we feel better, work better, and people want to be around us.

The bottom line: Life is not THAT serious. Let's take humor a little more seriously.

## JOINT EMPLOYMENT MANAGEMENT SYSTEM (JEMS) PROGRAM



The Joint Employment Management System (JEMS) is a joint military venture designed to link job seekers from the military community to employers who have job openings in Hawaii. JEMS is a unique, quality of life initiative currently funded by the Air Force, Coast Guard, Marines and Navy to support their active duty, retirees and family members' efforts to find employment. JEMS provides this support by being an advocate for job seekers from the military community and serves as a central point of contact for businesses to reach these job seekers. JEMS produces an on-line Job Bank, sponsors an annual job fair, and hosts Hawai'i Department of Education Recruitments. The JEMS Director meets quarterly with representatives from each of the services to determine policy and direction of the program. In addition, JEMS meets monthly with the employment specialists from each service to discuss issues and provide employment information.

JEMS currently operates under a Memorandum of Understanding (MOU) between the Air Force, Coast Guard, Marine Corps and Navy. The current MOU runs from FY 2001-2003 in support of the operation of JEMS. Funding for the operation of JEMS is based on a percentage of each branch's military population.

In August 2001, JEMS radically redesigned its delivery of services by converting from a DOS based job bank to an on-line website. Based on feedback from the participating services, and their commitment of continued support in the form of a signed, three-year MOU, funding for the development of this website was pursued and received through the Navy's year-end funding program for FY00. Hence, the website, [www.JEMSHawaii.com](http://www.JEMSHawaii.com), was developed. JEMS is currently working on the second phase of improvements and enhancements to this program.

In the early 1980s, the Department of Defense recognized the need to provide the military community with career planning and job search assistance due to the continual demand on military families to secure gainful employment in geographical areas that were often unfamiliar to them. Each branch of the service was tasked with establishing a program or offering services within its Air Force Family Support, Army Community Services, Coast Guard Work Life, Marine Corps Personal Services and Navy Fleet and Family Support Centers to provide employment assistance.

Forward thinking representatives from all branches of the military services in Hawaii got together in 1986 in an effort to expand and enhance their employment assistance services. These representatives realized that Hawai'i offered a unique environment in which they could create a centralized point of contact for the business community to reach job seekers from the military community, and the military could market their people to the business community. JEMS was established and tasked to produce a computerized job bank to list employment opportunities in Hawai'i, and to sponsor an annual job fair. For the past 16 years, JEMS has successfully met its goal of linking job seekers from the military community to businesses in Hawai'i.

Today, the Department of Defense has returned its focus to Quality of Life Programs, and spouse employment is once again a critical quality of life issue. (April 17, 2002, Financial Stability, Family Support Top QOL Issues in '03 Budget Request) A prepared statement of The Honorable Charles S. Abell, Assistant Secretary of Defense, declares “. . . DoD has underscored its commitment to the financial well being of military families through increased emphasis on spouse employment. The 2002 National Defense Authorization Act (NDAA) directed DoD to examine its spouse employment programs in the context of federal, state, and private sector programs. We welcome this instruction from Congress and the opportunity to create new benchmarks for our programs, while continuing to enhance the career options of military spouses through inter-Department and private sector partnerships.” JEMS, as a joint venture with unique services to assist military families in establishing financial well being in one of the highest cost of living areas, certainly responds to this instruction from Congress.

JEMS has been linking employers in the local community to Hawai'i's military community for over 16 years. JEMS has established an excellent reputation and rapport with the Mainland and Hawai'i business communities, receiving many referrals from these satisfied customers. JEMS has over 5289 companies in its database, of which 3903 have listed jobs in the JEMS Job Bank. The JEMS Job Bank lists over 400 new job listings a month and maintains over 1200 total job listings on an ongoing basis. Since the JEMS Job Bank is exclusively for the military community and is free to use, it contains some unique job opportunities that may not be available from other resources. For example, a number of companies only list their jobs with JEMS because they have been extremely pleased with the quality of services and referrals or because they are looking for applicants who possess skills most likely gained while serving in the military. Small businesses have found that they can expand their recruiting efforts at no cost by listing with JEMS and many companies say that while they may only list a few of their jobs in other places, they usually list ALL their job openings with JEMS. In addition, JEMS makes every effort to ensure jobs listed in the JEMS Job Bank will not involve job seekers incurring expenses (unless clearly stated, i.e. requires own tools, etc.) or getting trapped into “scams” found in other resources. JEMS is very sensitive to the financial problems faced by our young people, and the *Company Listing Policies* demonstrate this important concern.

The JEMS Job Fair is recognized as the premier job fair in Hawai'i. This popular event attracts both companies and job seekers alike. While the JEMS Job Fair was cancelled in 2001 as a result of the terrorist attack in September, the previous year's job fair had 134 companies in attendance and registered over 1700 participants. The Department of Education Recruitments, which are held twice a year, are popular events and are well-attended, averaging between 100 to 150 job seekers. A distinct advantage of being part of a joint venture is that JEMS attracts companies because it can offer a larger pool of job applicants than any one service branch by itself, thus increasing the odds that a company will attend sponsored events because they may find the “right” person for the job.

In the past year alone the number of direct hires from the JEMS Job Bank and JEMS sponsored events was 356, generating \$4,552,158 in income to military families. While this figure does not completely reflect all the placements that may have resulted from JEMS activities, it does indicate that JEMS is an excellent resource for our military community. The advantages of participating in the JEMS Program, however, go beyond the actual client placements figures. The JEMS Job Bank provides clients with valuable, current information about the Hawai'i job market, allowing clients to make good, sound decisions on job selection. In fact, in the past eight months registered clients have logged into the job bank 7013 times (October through May).

In addition, JEMS provides a valuable resource that supports not only the Employment Assistance Program, but many of the other Family Readiness Programs as well. Clients using the Transition Assistance Program (TAP) often consider staying in the area they are separating from. These individuals, who may be undecided about where to work and live, have the opportunity to look at the Hawai'i job market through the JEMS Job Bank to determine if living in Hawai'i is a feasible option. The JEMS Job Bank is an excellent resource for

TAP clients, as employers know that the job bank is for the exclusive use of the military community, and lists job openings that require specialized skills gained from being in a military career field.

The JEMS Job Bank can also be used as a resource for financial counselors. Financial difficulty is at the root of many problems facing our young service members, especially while relocating to an overseas location such as Hawai'i. Often, part of the solution to assist individuals who are experiencing financial difficulties is to obtain a second or part-time job until the individual becomes solvent.

Relocation is another area where JEMS can be of assistance to many of our service members and their families. Unfamiliarity with a new location and the local job market can lead to frustration on the job site when individuals accept positions that are undesirable because of long commutes and uncompetitive salaries- or because it is not in their field of expertise. JEMS has taken these factors into consideration when designing the job bank to make it as user friendly and helpful for newly relocating families as possible.

A major component of the JEMS program is dedicated to providing a useful, flexible, organized, central resource for the Employment Assistance Program Manager. The JEMS Employment Counselor's database enables counselors to maintain and query client information not only to better assist clients with their job search, but also to provide solid client contact and follow-up statistics for reporting purposes. The counselor has the option of expanding or limiting data collection to meet their service specific requirements. Since the program is now on-line and user friendly, Program Managers have the option of using the program to complete their work and/or provide assistance from alternate worksites. It also enables them to take a more active role in the relocation process because job bank access can be given before the relocating member arrives in Hawai'i.

Additionally, the JEMS program ensures information and resources get to the centers that may otherwise miss out because of counselors' unavailability due to leave time, training, or vacant billets. It also relieves the counselor from many additional tasks that would consume a great deal of time. Since JEMS serves as a central point of contact with the local community, employers contact JEMS rather than calling each individual center. Otherwise, the Program Manager would spend a great deal of time recording, posting and updating records, often resulting in a unsystematic collection of job listings on clipboards or bulletin boards. JEMS provides an organized employer and job listings database with an updating function. This is an extremely efficient, effective, and timesaving way to deal with companies and job listing.

In order to promote the military job seeker and continue the flow of jobs into the military community, JEMS attends meetings and networks with companies at various functions, saving employment counselors the countless hours it cost them to perform this outreach activity. JEMS provides company and job market information at the monthly meetings with the counselors from the various branches of the service, saving the costs of obtaining a variety of resource publications. These monthly meetings also provide an opportunity for counselors to network with their counterparts from the other branches of the service.

Finally, the JEMS program through its website, sponsored events and marketing efforts, has the added benefit of attracting many new clients to the Family Centers that might not otherwise use its programs. If clients have a positive experience because of the additional resources and assistance the center can provide while using the employment assistance program, they are then more likely to seek assistance in other areas as well. Participation in JEMS not only provides an additional resource for the client but also reflects the center's commitment to contribute to the quality of life of their military community and support the goal of the military services by joining together to "take care of their own."

Interested in learning how to access the JEMS Job Bank and what resources are available? Join the class, **Job Search in Hawai'i** on July 10, 2002, 10:30 – 11:30, at Red Hill Community Center. Call your Employment Counselor, Shirley Caban at 541-1586/1580 to reserve a seat.

# ALERT: INFANT/CHILD TOY RECALLS

By  
Ms. Mary Mansfield

*The Family Resource Specialist (FRS), provides direct and referral services in the areas of childcare, elder care, scholarships for dependents, special needs, and adoption reimbursement.*

**This alert is for all parents who may have purchased these two items for their young children. Both toy recalls were made in cooperation with the U.S. Consumer Product Safety Commission (CPSC).**

## 1. Little Tikes Pop 'n Scoot Ride-on Toys

Little Tykes is recalling 21,400 of these toys due to the fact that a young child who leans forward can fall forward over the handlebars, causing facial injuries.

Little Tikes has received 10 reports of children falling over the toy's handlebars. Seven injuries to children include damaged teeth, stitches to the chin, and cuts and scratches to the mouth and face.

The Pop 'n Scoot Ride-on toy is made of molded plastic with a clear dome filled with colorful beads attached to the handlebars. The riding toys have a yellow body, a red seat, and red handlebars with blue handgrips. The identification number 32922XX is molded on the underside of the "Ride-on" body. The model number 1568-01 and "Made in U.S.A." is molded on the bottom of the storage area below the red seat. The product was sold for children ages 9 months to 36 months.

Toy stores nationwide sold the riding toys from March 2001 through May 13, 2002 for about \$20.

Consumers should **STOP** using the toys immediately and contact Little Tikes at [www.littletikes.com](http://www.littletikes.com) or call (866) 765-6729 anytime to receive a Little Tikes replacement product.

## 2. Graco Toy Track on Activity Centers

Graco Children's Products, Inc., of Elverson, Pa., is voluntarily recalling 152,000 toy tracks attached to children's activity centers. The toy track can break, presenting a cut or pinch hazard. Exposed parts pose a choking hazard.

Graco has received 11 reports of the toy tracks breaking. Four children received minor scratches and one child's finger was pinched.

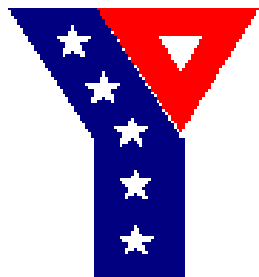
The recalled activity centers include the Tot Wheels V, models 4511 and 4521, and the Convertible Entertainer, models 4652 and 35225. The model numbers and the words "Made in U.S.A." are printed on a label underneath the tray on the activity centers. The green wavy toy track sits on the tray of the activity center. Five objects spin and slide along the toy track.

Discount, department, and juvenile product stores sold the activity centers nationwide from November 2001 through May 2002 for between \$30-\$70.

Consumers should **STOP** using these activity centers with toy tracks immediately, and contact Graco to receive a free replacement track. For more information, consumers can contact Graco at (800) 673-0392 anytime or visit the firm's website at [www.gracobaby.com](http://www.gracobaby.com).

To see a picture of either of these recalled products, link to the following address: <http://www.cpsc.gov/cpscpub/prerel/prhtml/02180.html>.





**Armed Services YMCA/AMR**  
**July 2002 Calendar of Events**  
**1875 Aliamanu Drive, Honolulu, HI 96818**  
**Phone # 833-1185, Fax # 834-3631**  
**E-Mail: ASYMCAAMR@aol.com**  
**Open Mon-Thurs, 8:00am – 1:30pm**

### **PLAYMORNING**

A **free** mobile playgroup in community centers and parks for moms, dads, and child care providers and children 0-5 years old. Playmorning encourages learning, sharing, self-help skills and fun! Parent and child participation required. The program is open to all military family members. No registration or fee required. (Donations greatly appreciated.)

**THEMES FOR JULY - - Ocean life and occupations**

### **LOCATIONS & TIMES FOR AMR:**

- ASYMCA Pavilion M, W, Fr 9:30-11:00
- Red Hill CC, Monday 10:30-12:00
- Ft. Shafter S-plgrnd, Tuesday 9:30-11:00

### **LOCATIONS & TIMES FOR**

### **PEARLHARBOR:**

- Pearl City Penn CC Monday, 9:30-11:00  
Thursday, 10:30-12:00
- Moanaloa CC Tuesday, 9:30-11:00
- McGrew CC Wednesday, 9:30-11:00
- Manana CC Wednesday, 9:30-11:00
- Catlin/Halsey CC Thursday, 9:30-11:00
- Hale Moku CC Friday, 9:30-11:00

\*\*\*NOTE "CC" stands for Community Center

\*\* AMR Playmorning is now held in our classroom.

### **SUNSHINE GENERATION** **PERFORMER'S CAMP**

WHO? Ages 3 years to 6<sup>th</sup> grade

WHAT? Singing, Dancing, Showmanship, Performing Skills and Self-Confidence

WHEN? July 15-20, 2002 1 hour/day

WHERE? Armed Services YMCA AMR

HOW MUCH? \$45

INTERESTED? Call Angela Kennington, 624-9833

### **FREE FOOD DISTRIBUTION**

The Armed Services YMCA in Conjunction with Hawaii Community Action Program (HCAP) will be distributing free food to low income families on **Wednesday August 7 from 9:00-12:00**. For more information call us at 833-1185.

### **T.O.P.S.**

Lose weight, have fun, find friends, join us to Take Pounds Off Sensibly. We meet at the ASYMCA/AMR every Wed from 5:30-7:00pm. Call Delcie Akua @ 623-1403 or Jayne Desamito @ 845-8195 for more information.

### **NOW OPEN!!!!!!**

### **CHILDREN'S WAITING ROOM**

The Children's Waiting Room is a place where you can drop off your child(ren) if you have an appointment at Tripler. The Armed Services YMCA is in NEED of volunteers to keep this program running at Tripler Army Medical Center. If interested in volunteering, or placing an appointment, please call us at 833-1185. The hours of the waiting room are **Monday, Tuesday, and Thursday from 8:00-12:00**.

### **ATTENTION: All expectant and new**

**moms.** **WELCOME BABY** offers a support group twice a month. Come join us for an adult craft and discussion on various topics. Kids can come too. For more information or to RSVP please call Pam at 433-2109.



### **DONATE YOUR VEHICLE TO THE** **ARMED SERVICES YMCA**-it's a win-win

situation for everyone! Donors earn a tax deduction based on the fair market value of the car.

The Armed Services YMCA, using a reputable auto auction company, receives the profits from the sale of the car. These profits will be used to support Armed

Services YMCA programs like

Playmorning, Welcome Baby, The Children's Waiting Room, and the Single Sailor Drop-In Center. For more information, please call Dave Gomez at 473-1427



### **KEIKI CARE BABYSITTING COURSE**

This course will be offered on July 23<sup>rd</sup> and 24<sup>th</sup>. It is available to children ages 10 and up. However, only children 13 and above can be placed on our referral list. This class covers basic babysitting skills such as child development & childcare, emergency preparedness, age appropriate games and toys, first aid and CPR training. A minimum of 6 participants is required to offer this course. Please call 833-1185 for more information.

### **LAMAZE**

This class provides great information & instruction on everything you need to know about childbirth and meets every Thursday for 6 weeks from 7-9pm. The next class runs from August 8, 2002 to September 12, 2002. **Payment for this class is due no later than August 1, 2002. Any questions please call us at 833-1185**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>1</b> <b>PLAYMORNING</b> <b>CANCELLED 7/1-5</b>	<b>2</b> <b>PLAYMORNING</b> <b>CANCELLED 7/1-5</b>	<b>3</b> <b>PLAYMORNING</b> <b>CANCELLED 7/1-5</b>	<b>4</b> <b>PLAYMORNING</b> <b>CANCELLED 7/1-5</b>	<b>5</b> <b>PLAYMORNING</b> <b>CANCELLED 7/1-5</b>
<b>8</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am Red Hill-Cancelled Pearl City-9:30-11:00am	<b>9</b> <b>PLAYMORNING</b>  Ft. Shafter-Cancelled Moanalua-9:30-11:00am	<b>10</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am McGrew-Cancelled Manana-9:30-11:00am	<b>11</b> <b>PLAYMORNING</b>  Pearl City-10: 30-12:00pm Catlin/Halsey-Cancelled	<b>12</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am Hale Moku-9: 30-11:00am
<b>15</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am Red Hill-10:30-12:00pm Pearl City-Cancelled	<b>16</b> <b>PLAYMORNING</b>  Ft. Shafter-9:30-11:00am Moanalua-9:30-11:00am	<b>17</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am McGrew-9:30-11:00am Manana-9:30-11:00am	<b>18</b> <b>PLAYMORNING</b>  Pearl City-10: 30-12:00pm Catlin/Halsey-9: 30-11:00am	<b>19</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am Hale Moku-9:30-11:00am
<b>22/29</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am Red Hill-10:30-12:00pm Pearl City-9:30-11:00am	<b>23/30</b> <b>PLAYMORNING</b>  Ft. Shafter-9:30-11:00am Moanalua-9:30-11:00am	<b>24/31</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am McGrew-9:30-11:00am Manana-9:30-11:00am	<b>25</b> <b>PLAYMORNING</b>  Pearl City-10: 30-12:00pm Catlin/Halsey-9: 30-11:00am	<b>26</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am Hale Moku-9:30-11:00am



# What is Pilates?

By  
Jessica Dung, MS

*The ISC Honolulu Work-Life Health Promotion Manager is responsible for the development and management of the regional wellness program. She educates and encourages all members of the Coast Guard family to improve their health and wellbeing through a voluntary adoption of a healthier lifestyle.*

I am constantly being asked about that new exercise thing called “Pilates” (puh-lah-tees). It seems late night television is covered with a plethora of infomercials about home Pilates equipment and accessories. Videotapes of instructors and celebrities teaching the Pilates workout are now as common as advertisements about the latest movie. Since my previous *Blue Horizon* article was about the ABCs of Abdominals, and a direct benefit of doing the Pilates work is core strength and “washboard abs”, it seems appropriate here to explain what the work is. The exercises were not designed to increase cardiorespiratory endurance (CRE) nor decrease percent body fat. However, they do address the other three aspects of physical fitness (muscular strength, muscular endurance, and flexibility) quite well. Combined with a balanced CRE program, they are wonderful complements to a complete fitness program.

Pilates has received tremendous exposure with prominent celebrities and athletes publicly and enthusiastically embracing the workout. The media has been quick to cover this trend. With it’s kinder and gentler approach to exercise, it’s becoming very popular among the aging Baby Boomer generation (aged 39 – 66) looking for new routines that reverse the effects of aging and injury as well as the younger Generation X-ers looking for new activities that simultaneously challenge the body and the mind.

Pilates is not a trend or a fad; it has a foundation going back decades to its founder, Joseph H. Pilates. Born in Germany in 1880, Pilates developed an early and lifelong interest in body conditioning. Once a frail and sickly child, Pilates was committed to becoming stronger and ultimately became an accomplished gymnast, skier, and boxer. While interned in England during World War I at the Isle of Man, he created a series of exercises and specialized equipment to help the prisoners of war maintain their strength and flexibility during captivity. It is these exercises that form the basis for pilates, which Joseph and his wife Clara brought to New York in the 1920’s. It is this initial work that became the staple among dancers and the performing artist community to understand the foundation of movement science and injury rehabilitation.

Pilates is a systematic mind-body discipline that requires considerable concentration and movement

precision. These qualities are what make Pilates simultaneously challenging and mentally invigorating. The goal of contemporary Pilates is to develop a body that operates effectively and efficiently in sport performance and activities of daily living. Contemporary Pilates emphasizes the importance of controlled breathing and involves three dimensional movement – either on a mat or using resistance equipment – to improve core stability while at the same time increasing the strength and flexibility of the rest of the body. The Pilates exercise repertoire consists of more than 500 different mat and equipment based exercises, allowing the development of simple introductory programs as well as more complex and challenging workouts. It is this versatility that makes pilates so attractive to a wide variety of people – everyone from elite athletes to aging adults.

The key principle of Pilates exercise is to stabilize before you mobilize. When taught effectively, the key benefits of doing Pilates' exercises are:

1. Enhancement of core (trunk) strength and stability
2. Reduced aggravation to the joints
3. Improvement of posture and alignment
4. Increased flexibility, range of motion about a joint
5. Improvement of muscular balance, strength, tone, and endurance
6. Prevention of injury
7. Enhancement of athletic performance
8. Reduction of stress and low back pain
9. Improvement of balance and coordination
10. Heightened body awareness

Here in Hawai`i, there are several studios with excellent instructors available to take on new students. Please call or email me, your regional Health Promotion Manager, with any additional questions. You may also want to surf the following websites for additional information:

<http://www.stottconditioning.com/pilinfo.html>  
[http://www.the-method.com/html/f\\_main.html](http://www.the-method.com/html/f_main.html)

**SUBJ: THRIFT SAVINGS PLAN (TSP) OPEN SEASON**

A. COMDT COGARD WASHINGTON DC 171306Z OCT 01, ALCOAST 462/01

1. THE THRIFT SAVINGS PLAN (TSP) OPEN SEASON BEGINS 15 MAY AND ENDS 31 JULY 2002. ALL ACTIVE DUTY AND RESERVE MEMBERS OF THE COAST GUARD ARE ELIGIBLE TO JOIN TSP. COAST GUARD ACADEMY CADETS AND NON-PRIOR SERVICE CG NAVAL ACADEMY PREPARATORY SCHOOL (NAPS) CADETS ARE NOT ELIGIBLE TO PARTICIPATE IN TSP UNTIL THEY ARE COMMISSIONED OR REVERTED TO ENLISTED STATUS. DURING THE OPEN SEASON, MEMBERS MAY BEGIN CONTRIBUTING TO TSP OR CHANGE THE AMOUNT OF TSP CONTRIBUTIONS. SERVICE MEMBERS MAY ELECT TO CONTRIBUTE TO TSP UP TO 7 PERCENT OF THEIR BASIC PAY THEY EARN EACH PAY PERIOD. IF THEY ELECT TO CONTRIBUTE FROM BASIC PAY, THEY MAY ALSO ELECT TO CONTRIBUTE FROM INCENTIVE PAY, SPECIAL PAY, AND BONUSES UP TO THE INTERNAL REVENUE CODE (IRC) LIMIT OF 11,000 DOLLARS FOR CY2002. MEMBERS MAY ONLY START CONTRIBUTING FROM BASIC PAY, SPECIAL OR INCENTIVE PAYS DURING AN OPEN SEASON, BUT CAN START CONTRIBUTING FROM BONUS PAY AT ANY TIME.

2. TSP IS A RETIREMENT SAVINGS AND INVESTMENT PLAN FOR FEDERAL EMPLOYEES AND MEMBERS OF THE UNIFORMED SERVICES. IT IS SIMILAR TO PRIVATE 401(K) PLANS. TSP HAS BEEN IN OPERATION FOR FEDERAL CIVILIAN EMPLOYEES SINCE 1987. TSP IS NOT A REPLACEMENT OR SUBSTITUTE FOR CURRENT MILITARY RETIREMENT PROGRAMS. RATHER, IT IS A VOLUNTARY ADDITION TO THESE PROGRAMS. TSP CONTRIBUTIONS ARE DEDUCTED FROM PAY BEFORE TAXES ARE COMPUTED, SO PARTICIPANTS PAY LESS TAX NOW. IN ADDITION, TSP EARNINGS ARE TAX-DEFERRED. THIS MEANS THAT TSP PARTICIPANTS DO NOT PAY FEDERAL INCOME TAXES ON THEIR CONTRIBUTIONS OR EARNINGS UNTIL THEY WITHDRAW THE MONEY. REF (A) IMPLEMENTED THE THRIFT SAVINGS PLAN. MEMBERS ARE ENCOURAGED TO VIEW THE TSP WEBSITE AT WWW.TSP.GOV FOR A DETAILED DESCRIPTION OF THE PROGRAM.

3. NEW ACTIVE DUTY COAST GUARD OR RESERVE MEMBERS MAY PARTICIPATE IN TSP WITHIN 60 DAYS OF ACCESSION WITHOUT WAITING FOR AN OPEN SEASON. A SERVICE MEMBER WHO CONVERTS FROM READY RESERVE STATUS TO ACTIVE DUTY STATUS OR WHO CONVERTS FROM ACTIVE DUTY TO READY RESERVE STATUS MAY MAKE A TSP CONTRIBUTION ELECTION WITHIN 60 DAYS AFTER THE EFFECTIVE DATE OF THE CONVERSION. MEMBERS NOT JOINING THE PROGRAM DURING THIS OPEN SEASON OR WITHIN 60 DAYS OF JOINING THE UNIFORMED SERVICES WILL HAVE TWO "OPEN SEASONS" PER YEAR TO ENROLL.

4. STARTING YOUR TSP ACCOUNT. IF YOU WANT TO START A TSP ACCOUNT, FILL OUT AND SIGN A TSP-U-1 FORM, MAKE A COPY FOR YOURSELF, AND MAIL IT DIRECTLY TO: COMMANDING OFFICER, HRSIC (MAS-TSP), 444 SE QUINCY STREET, TOPEKA, KS 66683-3591 WITH A POSTMARK PRIOR TO 1 AUGUST 2002. YOU MAY ALSO FAX IT TO 785-339-3760 (PREFERRED METHOD). A TSP ELECTION REMAINS IN EFFECT UNTIL YOU CHANGE IT. THE TSP ELECTION FORM IS AVAILABLE AT YOUR COMMAND, OR CAN BE DOWNLOADED FROM THE WEBSITE AT WWW.TSP.GOV. IF YOU HAVE QUESTIONS ABOUT THE FORM CALL THE HRSIC HELP DESK AT 785-339-3540. A LES REMARK WILL NOTIFY YOU WHEN YOUR CONTRIBUTIONS BEGIN.

5. INSTRUCTIONS FOR COMPLETING TSP-U-1 FORM.

(A) PART I - FILL OUT BLOCKS 1-6 WITH YOUR FULL NAME, LES ADDRESS, SOCIAL SECURITY NUMBER, PHONE NUMBER WHERE YOU CAN BE REACHED DURING THE DAY, DATE OF BIRTH, AND OPFAC NUMBER FOR YOUR OFFICE IDENTIFICATION CODE.

(B) PART II - FILL IN BLOCKS 7-10 WITH THE PERCENTAGE AMOUNT YOU WISH TO CONTRIBUTE FROM YOUR BASIC PAY AND SPECIAL, INCENTIVE, OR BONUS PAYS. THE MINIMUM BASIC PAY CONTRIBUTION (ONE PERCENT) IS REQUIRED TO START A TSP ACCOUNT OR TO BE ABLE TO CONTRIBUTE FROM SPECIAL, INCENTIVE, OR BONUS PAYS. HRSIC WILL SHOW YOUR TSP CONTRIBUTIONS FROM BASIC PAY, AND SPECIAL, INCENTIVE, OR BONUS PAY ON YOUR LES AND W-2. IF YOU FIND A TSP ERROR ON YOUR LES OR W-2, CONTACT THE HRSIC HELP DESK AT (785)-339-3540.

(C) PART IV - SIGN AND DATE BLOCKS 15 AND 16.

6. STOPPING TSP CONTRIBUTIONS. YOU MAY STOP ANY OR ALL OF YOUR CONTRIBUTIONS TO TSP AT ANY TIME BY FILLING OUT TSP-U-1 FORM, PART I, PART III, AND PART IV AND MAILING TO: COMMANDING OFFICER, HRSIC (MAS-TSP), 444 SE QUINCY STREET, TOPEKA, KS 66683-3591, OR FAX IT TO 785-339-3760. KEEP A COPY FOR YOUR RECORDS. STOPPING BASIC PAY CONTRIBUTIONS STOPS ALL OTHER BONUS, SPECIAL OR INCENTIVE PAY CONTRIBUTIONS. STOPPING SPECIAL, INCENTIVE, OR BONUS PAY CONTRIBUTIONS DOES NOT STOP BASIC PAY CONTRIBUTIONS. IF YOU STOP CONTRIBUTING OUTSIDE OF AN OPEN SEASON, YOU MUST WAIT UNTIL THE SECOND OPEN SEASON TO REENROLL IN TSP. IF YOU STOP YOUR CONTRIBUTIONS DURING AN OPEN SEASON, YOU MAY REENROLL IN TSP DURING THE NEXT OPEN SEASON.

7. ADDITIONAL INFORMATION MAY BE OBTAINED FROM REF (A), THE TSP WEBSITE AT WWW.TSP.GOV, OR THE HRSIC HELP DESK AT 785-339-3540.

8. INTERNET RELEASE AUTHORIZED.

9. THOMAS F. FISHER, ACTING, DIRECTOR OF PERSONNEL MANAGEMENT SENDS.

# Chaplain's Corner

By  
LCDR Daniel E. McKay, CHC, USNR

After scanning the heading, “In Congress, July 4, 1776, The unanimous Declaration of the thirteen United States of America,” where do most observers next turn their attention? To the signature standing apart from the rest, centered above the other fifty-five—*John Hancock*. Upon signing his name with boldness and flare, the President of the Continental Congress stated emphatically, “There! King George can read my name without the use of his spectacles.”

It was in grade school that my eyes first beheld Mr. Hancock’s signature. Our teacher prefaced the moment by sharing about his life as a Christian, scholar, merchant, politician, and patriot. I remember clearly the sense of wonder as I beheld his signature for the first time. To this day I still shudder as I ponder the deep conviction, courage, and passion expressed thereby. Mr. Hancock was a lover of God, family, country, and freedom, and he was not ashamed to declare it!

Twelve years later, serving as President of the Massachusetts Ratification Convention, he openly shared his gratitude to God for blessing our country with “a name and standing among the nations of the world.” Then, in reflective tone, Mr. Hancock continued, “I hope and pray that the gratitude of our hearts may be expressed by proper use of these inestimable blessings, by the greatest exertions of patriotism, by forming and supporting institutions for cultivating human understanding, and for the greatest progress of the Arts and Sciences, by establishing laws for the support of piety, religion, and morality . . . and by exhibiting on the great theater of the world those social, public and private virtues which give more dignity to a people” (cited in *Our Sacred Honor*, by William Bennett, p. 17).

Mr. Hancock is right. God’s gift of freedom and its attendant blessings are something

for which we should offer gratitude every day, not just once a year. How? Through the daily signature of our individual lives and corporate life as a nation, established in faith, exalted by virtue, exemplified through righteousness, and expressed with patriotic fervor.

## Religious Faith and USCG History Calendar:

01 Jul 1939	Lighthouse Service transferred to the USCG
01 Jul 1991	USCGC RUSH and USS INGERSOLL seize <i>M/V Lucky Star</i> carrying 70 tons of hashish
02 Jul 1937	Last known radio contact made with Amelia Earhart by USCGC ITASCA
03 Jul 1905	Lighthouse Service extended to American Samoa
04 Jul 2002	Independence Day
07 Jul 1798	Quasi-War with France begins: Nine USRCs transferred to U. S. Navy
09 Jul 1942	USCGC MCLANE and USS YP-251 sink Japanese submarine RO-32 off Sitka, Alaska
09 Jul 1943	USCG manned ships land first Allied troops in Sicily
11 Jul 2002	St. Benedict Day (Catholic Christian)
13 Jul 2001	USCGC SHERMAN becomes first cutter to circumnavigate the globe
14 Jul 1926	First radio beacon established in Alaska at Cape Spencer
17 Jul 1994	The POLAR SEA departs from Victoria, British Columbia: becomes first U. S. surface ship to reach the North Pole
18 Jul 1866	Congress authorizes search of vessels and persons suspected of concealing contraband
18 Jul 2002	Tisha B’av (Jewish)
20 Jul 1917	Lighthouse Service extended to American Virgin Islands
21 Jul 1947	President Truman authorizes building of Chapel at USCG Academy
23 Jul 1836	Band of Seminole Indians attack and burn the Cape Florida lighthouse
24 Jul 1936	USCGC CAYUGA becomes temporary U. S. Embassy in Spain during the Spanish Civil War
25 Jul 1947	Inactivation of the Women’s Reserve of the Coast Guard Reserve (SPARS)
25 Jul 2002	St. James the Great Day (Christian)
26 Jul 1846	USRC WOODBURY quells mutiny aboard troop ship <i>Middlesex</i> during Mexican War
28 Jul 1942	The USCG V-214 sinks German submarine U-166 in Gulf of Mexico

In God’s love,

Chaplain McKay

<http://www.uscg.mil/d14/chaplain/>

# FAMILY SUPPORT CENTER @ HICKAM AFB

Building 1105, 449-2494 or 449-6475

[www.hickam.af.mil/FamSup](http://www.hickam.af.mil/FamSup)

**CONFLICT RESOLUTION, Jul 24, 9:00-11:00 am.** Join us to learn how to keep your head, cool, and control; and resolve conflict positively. Discover ways to minimize the likelihood of conflicts, how to communicate in difficult situations, and how to mediate disagreements between others. Turn negative confrontations into constructive experiences by attending today!

**DEPARTMENT OF VETERANS' AFFAIRS (VA) BENEFITS COUNSELING, Jul 9, By Appointment.** Direct from the Department of Veterans' Affairs to Hickam. A counselor will be available for individual 30-minute appointments to address questions and concerns regarding such topics as education, loans, life insurance, and disability and compensation for separating/retiring personnel.

**EMPOWERMENT THROUGH COMMUNICATION, Jul 31, 1:00-3:00 pm.** Am I sure they heard what I think I said? Interpersonal communication skills and the ability to work with people often make the difference between success and failure on the job, in our homes, and in our relationships. If you want to improve your interaction with employees, co-workers, and family members, this is the class for you!

**FAMILY READINESS BRIEFING, Jul 1, 8, 15, 22, & 29, 1:00-2:00 pm.** Create your own personal/family care plan in advance. All AF active duty, civilian, and family members facing the possibility of a deployment or remote assignment are encouraged to attend. Learn about free phone cards, childcare, and car care.

**HAWAII DEPARTMENT OF EDUCATION RECRUITMENT, Jul 30, 3:00-5:00 pm (Banvans Club, Pearl Harbor).** Information will be provided for the following positions: Teachers, substitute teachers, educational assistants, counselors, librarians, A+ Program staff, cafeteria workers, office staff, and school security attendants. University representatives will be available to provide information on teaching degrees and certification.

**INTERVIEWING WITH CONFIDENCE, Jul 26, 9:00-11:00 am.** Experts agree that the most critical part of the hiring process is the interview. Learn the skills and techniques to turn your apprehension into anticipation.

**INVESTING MADE SIMPLE, Jul 31, 10:00-11:00 am.** This class is designed for the person who is thinking about getting started in investing for the future. It will provide a solid overview of investing vehicles, such as mutual funds and stocks, and will address your risk tolerance. Learn about the different resources available that can help you build your financial future.

**LOOKING FOR EMPLOYMENT IN HAWAII, Jul 2 & 23, 8:30-11:00 am.** Let us help you find the job you want! Explore local employment trends, be informed on employment and education resources, and register to use the JEMS computerized job bank. Class size is limited. Registration is required.

**MONEY MANAGEMENT, Jul 19, 1:00-2:00 pm.** This "hands-on" class will offer the participant the opportunity to create a budget using the automated program available in the Family Support Center's Resource Center. Participants will also use the PowerPay debt management software to assist with credit management.

**NATIONWIDE SPECIAL AGENT RECRUITMENT—FBI, Jul 30, 12:00-1:30 pm.** An FBI agent, Mr. Kal Wong, will provide you with information on their 2002 recruitment for special agents nationwide. Requirements: Must have a 4-year college degree from an accredited

institution and a strong resume with 2-3 years of professional, investigative, and managerial work experience. (23-36 years of age)

**NEW TO HAWAII FINANCIAL BRIEFING, Jul 24, 1:00-2:00 pm.** Designed for all E-4s and below at their second permanent duty station. This financial orientation will help you with your unique assignment to Hickam and will introduce you to the many services of the Personal Financial Management Program. Other topics include budgeting, the wise use of credit, and state and county liability laws. Active duty members must register through their orderly room. All others please call 449-2494.

**RESUME WRITING I, Jul 18, 1:00-3:00 pm.** The resume is the first step towards landing an interview. This class will provide you the necessary tools to make your resume competitive in today's job market. Following this session, come back for Resume Writing II to have your resume critiqued.

**RESUME WRITING II, Jul 25, 1:00-3:00 pm.** You will have the opportunity to have your draft resume reviewed by other participants and FSC staff members. Resume I, TAP Workshop, or equivalent training is required prior to attending this class.

**SALARY/BENEFITS NEGOTIATION, Jul 18, 9:00-11:00 am.** This class will teach you the basics about benefit packages and various techniques of negotiating your "Total Rewards Package."

**SMOOTH MOVE, Jul 12 & 25, 9:00-11:00 am.** Being prepared makes relocation less stressful. Subject matter experts will update you on the latest policy changes that may impact your move. All members and/or spouses are encouraged to come. This class primarily focuses on active duty PCS moves.

**SPONSORSHIP TRAINING, Jul 3, 9:00-10:30 am.** Be a super sponsor! As the unit's ambassador, you can make the relocation to Hawaii a very positive experience. Let us help you by giving you a one-stop shop of the necessary tools and resources needed to be successful. Recommended for all and essential for the first-time sponsor.

**TRANSITION ASSISTANCE PROGRAM (TAP) WORKSHOP, Jul 9-11, 8:00 am-4:00 pm, Daily.** Join us for a smooth and successful move to a second career or to retirement. Instructors from the Departments of Labor, Defense, and Veterans' Affairs, and other community and base experts will provide information and training on the job search and other critical elements of the transition process. Spouses are highly encouraged to attend.

**VOLUNTEER ORIENTATION, Jul 3 & 18, 11:45 am-12:45 pm (American Red Cross, Bldg 1113).** Volunteers are needed and wanted on Hickam. Learn about the many volunteer opportunities within the 15th Air Base Wing, PACAF, or tenant agencies. Schedule attendance through the American Red Cross at 449-1488.

**VOLUNTEER SUPERVISORY TRAINING, Jul 10, 11:45 am-12:45 pm (American Red Cross, Bldg 1113).** Supervisors can make a difference in a volunteer's life! Learn how to hire, motivate, and reward volunteers. Call American Red Cross at 449-1488 to register.

**WHAT TO EXPECT AFTER YOU'RE EXPECTING, Jul 17, 6:00-8:30 pm.** Maximize your parenting success! Join us for an expectant parent's workshop on the emotional and financial aspects of having a baby. Discover normal newborn characteristics and gain some tips on how to care for your infant. All AF active duty families receive a layette (worth \$70) and a First Year Baby book.



## OAHU HOUSING CORNER

### JULY 2002

#### **FIREWORKS ARE PROHIBITED WITHIN THE HOUSING AREA**

Please be aware that fireworks of any type are **NOT ALLOWED** within government housing. Please take advantage of the many local fireworks shows/displays happening around town for your Fourth of July enjoyment. Check your local newspapers for times and locations.



#### **HURRICANE SEASON**

In Hawaii, 1 June through 30 November is Hurricane season.

A monthly test of the Emergency Broadcast System (EBS) and Civil Defense (CD) systems are conducted at 1145 the first business day of each month. In disaster situations, information is broadcast over commercial radio stations. The National Weather Service (NWS) and the Pacific Tsunami Warning Center coordinate with Civil Defense to issue weather and tsunami advisories, bulletins, watches and warnings. They inform the public through local radio, television, and newspaper announcements.

#### **Civil Defense Warnings and Procedures:**

##### **1. HEAVY WEATHER (HURRICANE) CONDITIONS:**

Condition 5: - STANDARD alert level – 1 June – November 30 – no imminent threat of heavy weather.

Condition 4 - ALERT – plus 50-knot winds expected within 72 hours.

Condition 3 - READINESS – plus 50-knot winds expected within 48 hours- GET READY!

Condition 2 - WARNING – plus 50-knot winds expected within 24 hours – TAKE ACTION!

Assemble survival kit.

Fill car gas tank.

Cover windows with boards or tape.

Secure loose objects on exterior.

Condition 1 - DANGER – plus 50-knot winds expected within 12 hours.

Sirens Sound! Listen to radio/TV for instructions. Stay indoors during high winds.

When advised, evacuate to shelter. KKH Housing residents should go to Red Hill Elementary School.

##### **2. TSUNAMIS:** (This applies only to areas living in the Inundation Areas – Check the front of your telephone book for the areas affected by tsunamis.

Watch Issued – Tsunami Possible – GET READY!

Warning Issued – TAKE ACTION!

Sirens Sound! – Listen to radio/TV instructions.

IF YOU ARE IN A SAFE AREA – STAY THERE!

U.S. Department Of Transportation  
United States Coast Guard

Commanding Officer  
USCG Integrated Support Command  
Work-Life Center  
400 Sand Island Parkway  
Honolulu, HI 96819-4398

## UPCOMING EVENTS



### **JOB SEARCH IN HAWAII CLASS**

10 July 02      1030-1130      KKH Community Center

*Learn how to use the Joint Employment Management System (JEMS) Job Bank.*  
JEMSHawaii.com is a free, on-line job bank exclusively for the military community.  
Jobs are added and updated daily.

To register, call Shirley Caban @ 541-1586 or Faye Garan @ 541-1580.

### **HAWAII DEPARTMENT OF EDUCATION JOBS & INFORMATION FAIR**

30 July 02      1500-1800      Banyans Club @ Pearl Harbor

Open to military family members & military personnel, Retirees & their dependents, Reservists, and DoD Civilians.

For more information, visit [www.JEMSHawaii.com](http://www.JEMSHawaii.com) or call Shirley Caban @ 541-1586.



Aloha United Way's 211 (phone) service will kick-off on July 15<sup>th</sup>! Call toll-free from any Verizon phone in the state to obtain comprehensive information and referral to health and human service organizations—including your Work-Life Center. The 211 number for community services will be listed on the inside front cover of new telephone books.

### **PREP® ONE DAY WORKSHOP FOR INDIVIDUALS & ENGAGED OR MARRIED COUPLES**

01 August 02      0830-1500      ISC Honolulu Work-Life Training Room

#### WORKSHOP'S FOCUS:

- 1) Communication
- 2) Conflict Resolution
- 3) Commitment



To register, call Faye Garan @ 541-1580

## CONGRATULATIONS

- ❖ Congratulations to Adeline Del Rosario, daughter of Henrily T. Del Rosario, retired Coast Guard 1<sup>st</sup> class Petty Officer. Adeline, a senior at Moanalua High School, was one of the selectees to receive the Arnold Sobel Endowment Fund Grant of \$5,000 per year, renewable for four years. Scholastic achievement, motivation, moral character, leadership qualities, and good citizenship are major considerations for the selection of the award. Our best wishes are extended to Adeline as she continues her education at Chaminade University here in Honolulu.
- ❖ Congratulations to Ashley Henning, daughter of 2<sup>nd</sup> Class Petty Officer Paul & Kathryn Henning for placing 2<sup>nd</sup> in the ASYMCA Young Reader's Contest. Ashley is the lucky recipient of a \$100 U.S. Savings Bond.